

Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County
Clark County Health Department • Tobacco Prevention and Education Program

Issue 60

<http://www.clark.wa.gov/health/tobacco/tidbits.html>

May 2005

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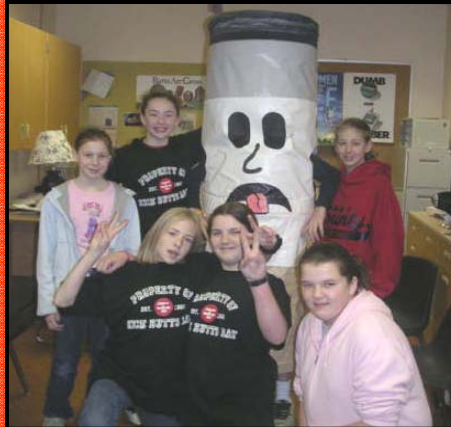


Students Celebrate Kick Butts Day

Students at Jemtegaard Middle School in Washougal used a health fair, smoke-free pledges and fun to help celebrate the 10th annual Kick Butts Day. The prevention club organized the event during lunch on Friday, April 29th as a message to stand up in the fight against tobacco. The fair featured a tobacco roulette wheel, Mr. Ciggy Buttz, a smoker's lung, a smoke-free pledge wall, and lots of fun prizes. Students purchased 1200 bracelets as a reminder that 1200 Americans die everyday from tobacco-related causes. "One student was so shocked at the potential deterioration of his lung, that he signed a commitment to quit smoking within the next 24 hours," said [Susan Peng-Cowan](#), Educational Service District 112, Prevention/Intervention Specialist. "Hundreds of others vowed never to start. Jemtegaard students worked hard to ensure that the event was a success."



Jemtegaard Middle School



TATU Training for Hispanic Youth to Begin This Fall

Peer-to-peer tobacco training programs such as Teens Against Tobacco Use (TATU) have been very successful in Clark County for many years, however very few Hispanic/Latino youth have participated in this effective education program. Because peer education is well received with the Hispanic/Latino community, Sea Mar Community Health Center is in the initial stages of planning a TATU training for Hispanic/Latino youth for the fall of 2005. The TATU program is intended to empower Hispanic youth, raise awareness of the hazards of tobacco among the Hispanic community, and prevent tobacco use among Hispanic youth. Sea Mar Community Health Center will collaborate with the American Lung Association, ESD 112, the Washington State Department of Health, and leaders from the Hispanic/Latino community to develop a culturally and linguistically appropriate curriculum. Sea Mar Community Health Center is contracted by the Washington Association of Community & Migrant Health Centers to develop a tobacco control program with the Hispanic/Latino community. If you would like more information about this initiative, contact [Jamie Zentner](#) at Sea Mar Community Health Center 360.566.4403. See [page 3](#) for a new Hispanic/Latino American web site resource.





Each month Tobacco Tid-Bits will dish up details on a local smoke-free restaurant listed in the *Guide to Smoke Free Dining in Southwest Washington*. We debut this new regular feature article with west Vancouver's newest Thai restaurant, **Tiger's Garden** which is celebrating their two year anniversary this month! The adjoining bar, Xokdee (pronounced "soak-dee") which is Lao for "good luck" opened last October and is doing well, according to owner Vee Pravisay. She says she chose to operate her business smoke-free because customers like to go home without smelling like smoke, and it is safer. She feels that cigarette smoke contaminates the food as well as the air. "Parents can come in with their kids and know the air is clean," said Pravisay. When her children were younger she vowed that one day when she had her own restaurant it would be smoke-free. After leaving a nice but smoky restaurant in Vancouver, her children said "Someone must have been smoking in our car, it smells like cigarette smoke." Then they realized the smell came from them! Both customers and employees appreciate the smoke-free policy. "They want to smell the food, not the smoke," said Pravisay. "People come in and say 'It smells good.' Women love a smoke-free place they can come to and enjoy Happy Hour; Friday's are packed," according to Pravisay. Happy Hour is from 4-6 PM and 9 PM-12 AM, featuring a \$3 appetizer menu and discounted drinks. Tiger's Garden and Xokdee are located at 312 W. 8th Street in Vancouver, across the street from Esther Short Park. The number for the restaurant is: 360.693.9585 and the bar can be reached at: 360.693.9146.

Fire Departments and Local Health Departments Responsible for Enforcing Secondhand Smoke Laws

There are a number of state laws in Washington that regulate smoking and secondhand smoke. In an effort to let the community (and the enforcement agencies) know what their responsibilities are, the Tobacco Prevention and Education Program for both Clark County and Skamania County Health Departments sent letters to all fire departments and fire districts in both counties. In April, 19 letters were sent outlining the Health Department's responsibilities and requesting an opportunity to work with fire departments to offer a coordinated response to the public. For instance, the Clean Indoor Air law prohibits smoking in many places. If members of the public see someone smoking in a venue where it is prohibited, it is important they know who to call to report the violation. In addition, fire departments need to know they are the agency with the authority to enforce the law. Smoking can be permitted in bars and restaurants but signs letting the public know that must be posted. In this case, local health departments enforce the law and make sure that signs are visible when doing restaurant inspections. In addition to the letter, a brochure outlining each law and the enforcement agency's authority was sent to fire departments and fire marshals. [Theresa Cross](#), health educator with the Tobacco Prevention and Education Program at the Clark County Health Department will present the project and results at the May 10 meeting of the Tobacco Free Coalition of Clark County. For more information, contact Theresa at 360.397.8215 x 3178



World No Tobacco Day 2005—May 31

BREATHE, Clark County's youth task force is asking local bowling alleys to be smoke-free during teen or "Cosmic Bowling" nights the week of World No Tobacco Day. WNTD is celebrated around the world every year on May 31st. The event is sponsored by the World Health Organization. Each year, WHO designates a theme for World No Tobacco Day. This year the theme is "SMOKING OUT BIG TOBACCO." Just log onto: www.wntd.com for more information. And if you are looking for smoke-free bowling now, check out AMF Timber Lanes at 2306 NE Andresen Rd. in Vancouver. Throughout the summer they will be smoke-free on Tuesdays.

"Failure to ban smoking in **outdoor** public venues may expose non-smokers to levels of environmental tobacco smoke as high or higher than received in indoor spaces where smoking is restricted."
(*Tobacco Control Digest*, "Banning Outdoor Smoking is Scientifically Justifiable." March, 2000)

Be sure to check [page 5](#) – a new addition to Tobacco Tid-Bits – where you will find many helpful links to web sites providing tobacco and cessation news, support and resources.

Grandmothers' Smoking Tied to Grandkids' Asthma

Women who smoke during pregnancy may cause genetic damage that can result in their grandchildren developing asthma, according to research from the Keck School of Medicine at the University of California. Researchers compared 338 children with asthma and 570 who did not have asthma, and found that those whose grandmothers smoked during pregnancy were nearly twice as likely to have asthma, even if their mothers did not smoke. Researchers speculated that grandmothers who smoked may have altered their children's mitochondrial DNA, which in turn could diminish immune function and raise susceptibility of asthma - traits that also could be passed along to their grandchildren. It also is possible that grandmothers' smoking caused changes in the DNA of their fetus' eggs, the researchers said. The study was published in the April 2005 issue of the journal [Chest](#).

May is Asthma Awareness Month

May is Asthma Awareness Month and May 3 is World Asthma Awareness Day. This is an annual event organized by the [Global Initiative for Asthma](#) (GINA) to improve asthma awareness and care around the world. Asthma is an epidemic in Washington State. Over the past 20 years, the incidence of asthma, particularly among children, has increased dramatically. On average, one in 9 adults and one in 10 children in Washington have asthma. That's one in six households and 600,000 people in Washington with asthma. Many more are undiagnosed. According to the 2005 Healthy Youth Survey, 34% of 8th graders in Clark County and 45% of 8th graders in Skamania County report that they live with a smoker. This is alarming news, as these youth are most likely exposed to secondhand smoke, as are other children and non-smokers in the home. Secondhand smoke is a big contributor to asthma. Secondhand smoke inside a car can be more toxic than rush hour exhaust fumes. It contains over 4,000 chemicals and 43 carcinogens including formaldehyde, cyanide, arsenic, and radioactive polonium-210. An estimated 244,000 youth in Washington are exposed to secondhand smoke at home. The Clark County Health Department has several resources to help your group recognize Asthma Awareness Month:

- Litter bags printed with the message "Don't let Secondhand Smoke Hurt our Kids" and containing information on secondhand smoke.
- The Guide to Smoke Free Dining in Southwest Washington.
- "Help Protect Children From Secondhand Smoke" brochures.
- A 3'x10' vinyl banner with the message, "*53,000 Nonsmokers Die Every Year From Secondhand Smoke,*" that can be loaned out.
- Secondhand smoke brochures in other languages.

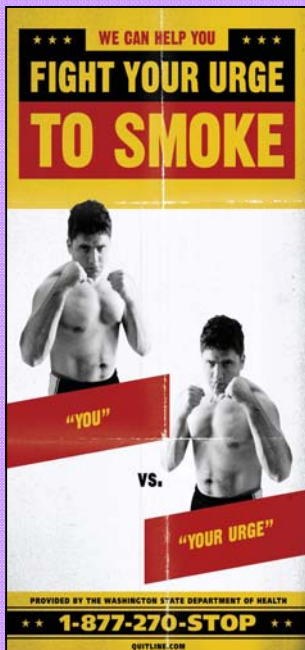
For more information on secondhand smoke visit the [American Lung Association of Washington](#). Or for local secondhand smoke resources contact: [Theresa Cross](#) 360.397.8215 x 3178.

Harvard Launches Popular Risk Assessment Website in Spanish

The Harvard Center for Cancer Prevention at the Harvard School of Public Health, has launched a Spanish-language version of its popular risk assessment website, *Your Disease Risk*. The new site, [Cuidar de su Salud](#) (Take Care of Your Health), provides tailored prevention messages and health information for Hispanic/Latino Americans, as well as Spanish speakers worldwide. With Hispanics/Latinos becoming the largest minority group in the US, it is increasingly critical to provide accessible health information. "Our goal is to continually reach new audiences and promote healthy behaviors," said Dr. Graham Colditz, director of the Harvard Center for Cancer Prevention. The site offers a personalized risk assessment for 12 different cancers, along with heart disease, stroke, diabetes and osteoporosis. Users answer a brief series of questions and receive an estimate of their risk in the form of a 7-level bar graph comparing them to average men and women their age. Users can then click on personalized prevention strategies and watch their future risk drop. www.cuidardesusalud.harvard.edu Contact: Michelle Samplin-Salgado 617.998.1033 or msamplin@hsph.harvard.edu

Training Opportunities

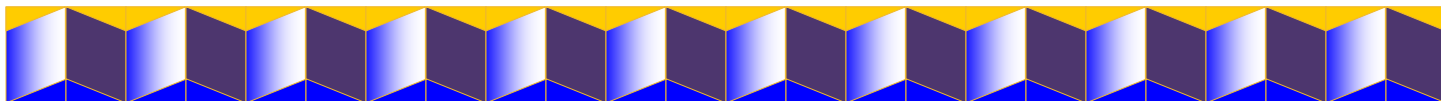
May 14 - Spot and Stop a Stroke - Train the Trainer. Stroke is the nation's leading cause of long term disability and third leading cause of death. Tobacco use is one of the most frequent and controllable contributing factors to strokes. Learn how you can stop the disabilities due to stroke. The first 25 to register and commit to promote stroke awareness over the next year will receive a free tool kit from the American Stroke Association worth \$100, courtesy of Southwest Washington Medical Center's Stroke Center. Fee \$10 - [Register on-line](#) or send your payment and registration to the SWWMC Health Education Center by May 7. Phone: 360.514.2190



On Smoke-Free Sunday, May 15, 2005, Washingtonians will show their support for smoke-free dining by patronizing their local smoke-free restaurants. In this first-of-its-kind event, sponsored by the Washington State Department of Health Tobacco Prevention and Control Program, restaurants that allow smoking will also be encouraged to go smoke-free for the day.

Newsletter Contacts:

- [Editor, Kimberly Nelson](#)
- [Tobacco Free Coalition of Clark County](#)
- [Tobacco Free Coalition of Skamania County](#)
- [Clark County Health Department Tobacco Prevention and Education Program](#)
- [Washington State Department of Health Tobacco Prevention and Control Program](#)
- [Subscribe to this Newsletter](#)



Calendar of Events

- 5/2** **BREATHE Youth Task Force** meeting, 3:30- 4:30 PM, Clark County Health Department. Contact: [James Lanz](#): 360.397.8416
- 5/3** **World Asthma Day** - Annual event organized by the [Global Initiative for Asthma](#). See story on [page 3](#)
- 5/5** **Secondhand Smoke Task Force** meeting - 1:30-3:00 PM Contact: [Theresa Cross](#), 360.397.8215 x 3178
- 5/10** **Tobacco Free Coalition of Clark County**, 2:30-4:00 PM in the Fir/Willow rooms, 2nd floor, Medical Office Building, 100 E 33rd St, Vancouver - Memorial campus of SWWMC. Contact: [James Lanz](#), 360.397.8416
- 5/12** **Schools Task Force** meeting - 7:30-9 AM, Clark County Health Department, Garden Level conference room. Contact: [Deb Drandoff](#) ESD 112, 360.750.7500 x 303
- 5/19** **Latino Community Resources Group** meeting, 12 -1:30 PM. Location: TBA. Contact: Manuel Heredia 360.896.2393 or here235@lni.wa.gov
- 5/31** **World No Tobacco Day** - www.wntd.com. See story on [page 2](#)
- 6/1** **Regional Tobacco Contractor's** meeting, ESD 112. Time TBA. Contact: [Deb Drandoff](#) ESD 112, 360.750.7500 x 303

Please [let us know](#) about your tobacco related events so we can post them here.

Helpful Web Links Featured in Tobacco Tid-Bits Over the Past Two Years.

Now that we are electronic and sharing a great tobacco prevention or cessation web site is as simple as a mouse click—here is a recap of many of the helpful web sites we have shared with you in this publication.

- [Action on Smoking and Health](http://www.ash.org) - Everything for people concerned about smoking and nonsmokers' rights, smoking statistics, quitting smoking, smoking risks, and other smoking information: www.ash.org
- [Americans for Nonsmokers' Rights](http://www.no-smoke.org) - Leading national organization dedicated to nonsmokers' rights: www.no-smoke.org
- [American Legacy Foundation](http://www.americanlegacy.org) - A national, independent public health foundation located in Washington, D.C., the foundation develops national programs that address the health effects of tobacco use: www.americanlegacy.org
- [Campaign for Tobacco Free Kids](http://www.tobaccofreekids.org) - Fighting to free America's youth from tobacco and to create a healthier environment: www.tobaccofreekids.org
- [CHAMPSS](http://www.champss.org), Children Helping And Motivating Parents to Stop Smoking - Provides kids with tips on how to talk to their parents about quitting smoking, and offers educational materials and other information they will need to support their parents through a quit attempt: www.champss.org
- [Chewfree.com](http://www.chewfree.com) is a website designed to help people quit using chewing tobacco or snuff (smokeless tobacco).
- [Cuidar de su Salud](http://www.yourdiseaserisk.harvard.edu/spanish/) (Take Care of Your Health), provides tailored prevention messages and health information for Hispanic/Latino Americans, as well as Spanish speakers worldwide: www.yourdiseaserisk.harvard.edu/spanish/
- [Join Together Online](http://www.jointogether.org) - A pioneer in using the Internet to support people working on substance abuse issues: www.jointogether.org
- [O2 Magazine](http://www.unfilteredtv.com/o2magazine/index.php) - A publication designed by Washington teens to discuss their efforts at fighting tobacco and showcase their creative talents with feature stories original artwork and photographs: www.unfilteredtv.com/o2magazine/index.php
- [Tobacco Fact Clipboard](http://www.americanlegacy.org/factclipboard) - The American Legacy Foundation has compiled a wide range of tobacco, smoking, and health-related facts in a single, easy to use database: www.americanlegacy.org/factclipboard
- [Smokefree Housing](http://www.housingconnections.org/Search.cfm) - Housing Connections offers a searchable database that includes *nonsmoking* as an apartment criteria option under *advanced search*: www.housingconnections.org/Search.cfm
- [SMOKEFREE Network](http://www.SMOKEFREE.net) - Site aimed at winning the right to breathe smoke-free air, facilitating communication among smoke-free advocates and key decision makers and sharing information about the tobacco industry: www.SMOKEFREE.net
- [Smoke-Free Pregnancy Resource](http://www.smokefreefamilies.org) - A national program supported by The Robert Wood Johnson Foundation working to discover the best ways to help pregnant women quit smoking and spread the word about effective, evidence-based treatments: www.smokefreefamilies.org
- [Smoke-free Restaurants in Washington](http://www.secondhandsmokesyou.com). Washington State Department of Health web-based interactive map listing nearly 5,000 smoke-free restaurants (including some bars and taverns) around the state. www.secondhandsmokesyou.com. Click [Clark County](#) or [Skamania County](#) for local restaurants.
- [Tobacco Scam](http://www.TobaccoScam.ucsf.edu) - Know a restaurant that needs convincing to go smoke free? Have them get the facts about the benefits of going smoke-free at: www.TobaccoScam.ucsf.edu